



Winter Weather Preparedness

For more information, please visit the CDC's Emergency Preparedness and Response Winter Weather website at: <http://www.bt.cdc.gov/disasters/winter/>

Before Cold Weather and Storms

- Listen to weather forecasts on local television stations or visit www.weather.gov
- Check your emergency supplies and include winter weather items
 - Extra blankets
 - Waterproof matches

Heat Your Home Safely

- Fireplaces and Stoves
 - Use fireplace, wood stoves, or other combustion heaters only if they are properly vented to the outside.
 - Do not leak flue gas into the indoor air space.
 - Do not burn paper in a fireplace.
 - Use only the type of fuel your heater is designed to use - don't substitute.
- Space Heater Fire Prevention
 - Do not place a space heater within 3 feet of drapes, furniture, bedding or anything that may catch on fire. Never place a space heater on top of furniture or near water.
 - Never cover your space heater. Never leave children unattended near a space heater.
 - Do not run the cord of an electric space heater under carpets or rugs.
 - Avoid using extension cords to plug in your space heater.
 - If your space heater has a damaged electrical cord or produces sparks, do not use it.
- Never use generators, grills, camp stoves, or similar devices indoors.
- Be Prepared
 - Store a multipurpose, dry-chemical fire extinguisher near areas you are heating using a fireplace, stove, or other heating device.
 - Protect yourself from carbon monoxide (CO) poisoning by installing a battery-operated CO detector.

If There is a Power Failure... Light Your Home Safely

- Use battery-powered flashlights or lanterns rather than candles.
- Never leave lit candles unattended.

During Cold Weather, Protect Yourself

Considerations for Infants

- Infants under one year old should never sleep in a cold room because infants lose body heat more easily than adults and can't make enough heat by shivering
- Provide warm clothing for infants
- Try to maintain a warm indoor temperature. If temperature cannot be maintained, make temporary arrangements to stay elsewhere.

Considerations for Older Adults



- Adults over 65 years of age make less body heat because of a slower metabolism and less physical activity
- If you are over 65 years of age, check the temperature in your home often during severely cold weather.
- Check on elderly friends and neighbors frequently to ensure their homes are heated

Dress for the Cold or Rainy Weather

- Wear several layers of loose fitting, light weight, warm clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent. Avoid clothing made of cotton when in a wet, cold environment.
 - **Wear mittens**, which are warmer than gloves.
 - **Wear a hat.**
 - **Cover your mouth** with a scarf to protect your lungs.
 - **Wear water-resistant coats and boots.**
- When you feel too warm, take off a layer of clothing. Excess perspiration increases body heat loss.

Avoid Hypothermia

Hypothermia is most likely at very cold temperatures, but it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water.

- Wear protective covering over your head and water-repellent materials for wind protection. Follow Dress for the Cold Tips
- Avoid overexertion and activities that would cause you to perspire a lot.
- Stay as dry as possible. Get out of wet clothing as soon as possible. Be careful to keep your hands and feet dry.

Eat and Drink Wisely

- Do not drink alcoholic or caffeinated beverages when exposed to extreme cold - they will cause your body to lose heat more rapidly.
- Drink warm, sweet beverages or broth to help maintain body temperature.

Pet Preparedness

- Bring pets indoors during extreme cold
- If you cannot bring pets indoors, make sure they have adequate shelter and unfrozen water